

IN THE CLAIMS:

Please cancel claims 3, 15, 27 and amend claims 1, 4, 6-11, 13, 16-25, and 28-36 without prejudice or disclaimer, and add claims 37-40, resulting in the following set of claims:

1. (currently amended) An apparatus comprising:
 - a wheel configured to rotate;
 - a surface;
 - a first ratchet:
 - a first member, the first member configured to apply force being coupled to the wheel, via the ratchet, at a first time when the first member moves in a first direction on the surface; and
 - a second member configured to apply a force to the first member, the surface having an incline relative to a direction of movement of the second member.

2. (original) The apparatus of claim 1 wherein the first member includes a pin.

Claim 3 (cancelled).

4. (currently amended) The apparatus of claim 1 further including a second ratchet, wherein the second ratchet is coupled to the wheel when the first member moves in a second direction on the surface.

5. (original) The apparatus of claim 4 wherein the first and second ratchets rotate about a common axis.

6. (currently amended) The apparatus of claim 1 3 wherein the wheel rotates about a first axis and the first ratchet rotates about a second axis.

7. (currently amended) The apparatus of claim 1 3 wherein the wheel rotates about a first axis and the first ratchet rotates about a second axis, and the second axis is coupled to the first axis via a third axis.

8. (currently amended) The apparatus of claim 1 3 wherein the wheel rotates about a first axis and the first and second ratchets rotate about a second axis.

9. (currently amended) The apparatus of claim 1 3 wherein the wheel rotates about a first axis and the first and second ratchets rotate about a second axis, and the second axis is coupled to the first axis via a third axis.

10. (currently amended) The apparatus of claim 1 3 further including a longitudinal member coupled to the first member, first ratchet, and second ratchet.

11. (currently amended) The apparatus of claim 1 further including a second surface;

a third member, the third member configured to apply force being coupled to the wheel at a second time when the first member moves in a second direction on the first surface.

12. (original) The apparatus of claim 11 further including a pedal configuration engaged with the third member, wherein the pedal configuration includes a proximal part pivotally engaged with a bicycle frame, and a distal part for receiving pressure from a foot.

13. (currently amended) A method for a system having a first member, a first ratchet, a wheel and a surface, the method comprising:

applying force from coupling the first member to the wheel, via the first ratchet, at a first time when the first member moves in a first direction on the surface; and

applying a force to the first member, the surface having an incline relative to a component of the force.

14. (original) The method of claim 13 wherein the first member includes a pin.

Claim 15 (cancelled).

16. (currently amended) The method of claim 13-15 wherein the system includes a second ratchet, and the method further includes coupling the second ratchet

to the wheel when the first member moves in a second direction on the surface.

17. (currently amended) The method of claim 13 45 further including rotating the first and second ratchets about a common axis.

18. (currently amended) The method of claim 13 45 further including rotating the wheel about a first axis and the first ratchet about a second axis.

19. (currently amended) The method of claim 13 45 further including rotating the wheel about a first axis and the first ratchet about a second axis, and coupling the second axis to the first axis via a third axis.

20. (currently amended) The method of claim 13 45 further including rotating the wheel about a first axis and the first and second ratchets rotate about a second axis.

21. (currently amended) The method of claim 13 45 further including rotating the wheel about a first axis and the first and second ratchets rotate about a second axis, and coupling the second axis to the first axis via a third axis.

22. (currently amended) The method of claim 13 45 further including coupling to the first member, first ratchet, and second ratchet, via a longitudinal member.

23. (currently amended) The method of claim 13 wherein the system further includes a second surface, and a second third member that moves on the second surface, and the method further includes applying force from the second member to coupling to the wheel at a second time when the first member moves in a second direction on the first surface.

24. (currently amended) The method of claim 13 wherein the system further includes a bicycle frame supporting the wheel, a pedal configuration having a proximal part pivotally engaged with the a bicycle frame, and a distal part for receiving pressure from a foot, and applying force to the first member the method further includes engaging the pedal configuration with the first third member.

25. (currently amended) A system comprising:

- a first member;
- a wheel;
- a surface;
- a first ratchet;

means for applying force from coupling the first member to the wheel via the ratchet, at a first time when the first member moves in a first direction on the surface; and

means for applying a force to the first member, the surface having an incline relative to a component of the force.

26. (original) The system of claim 25 wherein the first member includes a pin.

Claim 27 (cancelled).

28. (currently amended) The system of claim 25 27 further including a second ratchet and means for coupling the second ratchet to the wheel when the first member moves in a second direction on the surface.

29. (currently amended) The system of claim 25 27 further including means for rotating the first and second ratchets about a common axis.

30. (currently amended) The system of claim 25 27 further including means for rotating the wheel about a first axis and the first ratchet about a second axis.

31. (currently amended) The system of claim 25 27 further including means for rotating the wheel about a first axis and the first ratchet about a second axis, and means for coupling the second axis to the first axis via a third axis.

32. (currently amended) The system of claim 25 27 further including means for rotating the wheel about a first axis and the first and second ratchets rotate about a second axis.

33. (currently amended) The system of claim 25 27 further including means for rotating the wheel about a first axis and the first and second ratchets rotate about a second axis, and means for coupling the second axis to the first axis via a third axis.

34. (currently amended) The system of claim 25 27 further means for coupling to the first member, first ratchet, and second ratchet, via a longitudinal member.

35. (currently amended) A system comprising: The system of claim 25 further including

a first member;

a wheel;

a surface;

means for applying force from the first member to the wheel at a first time when the first member moves in a first direction on the surface;

means for applying force to the first member, the surface having an incline relative to a component of the force; and

a second surface, and a third member, and the method further includes means for coupling to the wheel at a second time when the first member moves in a second direction on the first surface.

36. (currently amended) A system comprising: The system of claim 25 further

including

a first member;

a wheel;

a surface;

means for applying force from the first member to the wheel at a first time when the first member moves in a first direction on the surface;

means for applying force to the first member, the surface having an incline relative to a component of the force; and
a pedal configuration having a proximal part pivotally engaged with a bicycle frame, and a distal part for receiving pressure from a foot, and means for engaging the pedal configuration with the third member.

37. (new) An apparatus comprising:
a wheel configured to rotate;
a surface;
a first member, the first member configured to apply force to the wheel at a first time when the first member moves in a first direction on the surface;
a second member configured to apply force to the first member, the surface having an incline relative to a direction of movement of the second member;
a second surface; and
a third member, the third member configured to apply force to the wheel at a second time when the first member moves in a second direction on the first surface.

38. (new) An apparatus comprising:

a wheel configured to rotate;
a first ratchet;
a first longitudinal member configured to apply force to the wheel, via the first ratchet, at a first time;
a second ratchet; and
a second longitudinal member configured to apply force to the wheel, via the second ratchet, at a second time.

39. (new) A method for a system having a wheel configured to rotate, a first ratchet, a second ratchet, a first longitudinal member, and a second longitudinal member, the method comprising:

applying force from the first longitudinal member to the wheel, via the first ratchet, at a first time; and
applying force from the second longitudinal member to the wheel, via the second ratchet, at a second time.

40. (new) A system comprising:

a wheel configured to rotate;
a first ratchet;
a second ratchet;

a first longitudinal member;
a second longitudinal member;
means for applying force from the first longitudinal member to the wheel, via the
first ratchet, at a first time; and
means for applying force from the second longitudinal member to the wheel, via
the second ratchet, at a second time.